

HONORING CHOICES® NORTH DAKOTA (HCND)

A non-profit organization with the initiative to improve advance care planning across the state



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ADVANCE CARE PLANNING (ACP) - IT'S ABOUT THE CONVERSATION

Wow - where to begin! The past few months have been invigorating; from successfully implementing three Advance Care Planning (ACP) Facilitator training courses, to obtaining public charitable status, to celebrating two graduates of the Honoring Choices® North Dakota's Board of Directors - we have a lot to share with you!

The ACP Facilitator Certification courses surpassed our expectations and there were many individuals across the state who participated in the training opportunity. Even though the ACP Facilitator Certification courses are now closed, we hope the momentum to educate others about ACP continues in the future. We are still offering monthly POLST educational sessions to educate others about the POLST paradigm and how it impacts the care your patients receive.

Lastly, HCND is switching gears from behind the computer screen to making a presence in your local community. Learn about events that HCND has been to and future plans to advocate for ACP in your area!



HCND Project:

Increased Awareness, Education, and Implementation of Advance Care Planning with Patients Living with Cancer

Thanks to the North Dakota Comprehensive Cancer Control Program (ND CCCP), Honoring Choices® North Dakota (HCND) received a grant last fall for the project titled, "Increased Awareness, Education, and Implementation of Advance Care Planning with Patients Living with Cancer." This project began on December 1, 2021 and will conclude on June 29, 2022.

This project was led by Nancy Joyner and Rev. Sara Schwarz, who reached out to physicians/providers, nurses, social workers, chaplains, and others across ND who engage in ACP conversations. The overarching goal of the project was to increase the number of certified ACP Facilitators in the state; thus raising awareness and promoting the process of ACP (i.e., engaging in ACP conversations, designating a health care agent, completing an advance directive (AD), and sharing wishes regarding future medical care).

The targeted population for this project was individuals living with cancer to champion the North Dakota Cancer Control Plan's objective of raising awareness of palliative care, increasing access to services, and improving patients' quality of life. Nevertheless, ACP is an ongoing process that may occur at any stage of life and all interested individuals were welcomed to engage in the ACP process.

Objectives:

- Conduct outreach and education on palliative care and advanced care planning (ACP) with health care professionals across North Dakota
- Distribute ACP resources to professionals
- Include current statewide ACP facilitators
- Provide ACP facilitator training





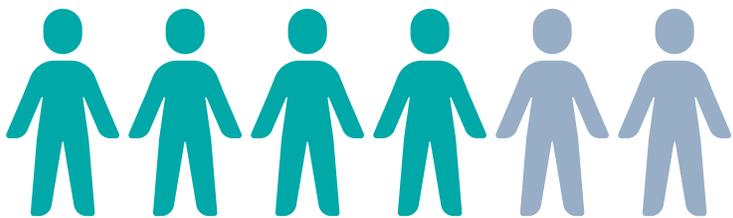
ACP FACILITATOR TRAINING

Three ACP Facilitator Certification training opportunities were held virtually during the months of February, March, and April of 2022.

Each trainee received:

- HCND Branded Hard Choices for Loving People book
- Gone From My Sight book
- Go Wish card game

Our goal for this project was to train 25 new ACP Facilitators. In total, there were 41 individuals interested in the ACP Facilitator training opportunity and **27 individuals who completed the full certification.**



At the end of the course, current and new ACP Facilitators were encouraged to engage in a minimum of two ACP conversations with another individual, especially those living with cancer. **By the end of June, our goal is to document a minimum of 50 ACP conversations across the state.** The purpose is to assist individuals in making informed decisions about their future health care through education and shared decision-making. We hope that you continue to log your ACP conversations until the end of June but incorporate ACP in your practice for years to come!



The value of ACP Facilitators is demonstrated through:

- Timely and appropriate referrals for ACP services,
- The person-centered decisions individuals and families are assisted in making,
- The overwhelmingly positive individual and family satisfaction with this role, and
- Professional competence and confidence in providing skilled facilitation and delivering care that is consistent with an individual's goals, values, and beliefs

Statewide ACP Conversation Tracker

For more information about ACP Facilitator training and to track your ACP conversations, please go to [honoringchoicesnd.org](https://www.honoringchoicesnd.org) and select 'Facilitator Training.'

HCND in the COMMUNITY



North Dakota Long Term Care Association (NDLTCA) 45th Annual Convention

The North Dakota Long Term Care Association (NDLTCA) 45th Annual Convention and Expo was held in Bismarck, ND on May 3-6, 2022. Board Member, Rev. Sara Schwarz, represented Honoring Choices® North Dakota at the NDLTCA Expo, provided informational handouts, and answered attendees' questions regarding the advance care planning process as well as the vision of HCND and services available to promote ACP through community an professional outreach and education.

HUGE thank you to Great Plains Quality Innovation Network for sharing their exhibit booth space with HCND!

NEXT STOP?

Honoring Choices® North Dakota will have an exhibit at the Dakota Conference on Rural and Public Health on June 8-10, 2022 in Grand Forks, ND. HCND will be providing handouts about the organization itself and informational pamphlets in regard to the ACP process. Come and network with members of the HCND Board of Directors and learn how you and your organization can improve the deliverance of advance care planning education in your community.

We hope to see you there!

Dakota
Conference
on Rural and Public Health

June 8 - 10, 2022

Alerus Conference Center
Grand Forks, North Dakota



CONGRATULATIONS TO OUR GRADUATES!

Two members of the Honoring Choices® North Dakota Board of Directors recently earned their doctoral degrees in nursing.

Hannah Murphy, RN received her Doctor of Nursing Practice (DNP) degree with a Family Nurse Practitioner (FNP) concentration from the North Dakota State University on May 14th, 2022 in Fargo, ND.



Karli Olson, RN, CCRN received her DNP degree with an FNP concentration from the University of Mary on April 30th, 2022 in Bismarck, ND.



Both graduates focused their dissertations on the advance care planning process: Hannah's project concentrated on educating health care providers whereas Karli's project was directed towards educating individuals of a rural community. The DNP projects were geared towards enhancing individuals' understanding of ACP, the significance of a completed advance directive (AD), and the importance of engaging in ACP conversations with others to make their wishes known. See pages 6 through 9 for further details about their projects.

HCND APPROVED FOR PUBLIC CHARITABLE STATUS

In March of 2022, Honoring Choices® North Dakota received Public Charitable Status from the Internal Revenue Service (IRS).



DOCTOR OF NURSING PRACTICE PROJECT 1

Advance Care Planning & Advance Directives: Implementing Online Education for Healthcare Providers

By: Hannah Murphy, DNP, RN



Introduction: Two thirds of Americans have not completed an advance care directive and 70 percent of Americans (more than 1.7 million) die of chronic diseases. Approximately 60% of patients stated that they are open to talk about advance care planning (ACP); however, only 21% percent of providers reported talking frequently about matters related to ACP or end-of-life care. This project focused on increasing ACP conversations by implementing an online education webinar for healthcare providers.

Purpose: Advance directives (ADs) summarize goals or preferences for future care regarding life-sustaining treatment and designates a surrogate decision-maker in the event a patient is unable to make healthcare decisions. These legal documents are especially important for providing patient autonomy and allowing people to communicate their medical care preferences to family, friends, and healthcare professionals. Research revealed that providers lack training and education about ADs and ACP conversations, leading to discomfort in skills, confidence, and knowledge about having these essential discussions. The purpose of this practice improvement project was to increase healthcare providers' knowledge of facilitating ACP conversations, and completion of ADs among patients living with a chronic disease, over the age of 65, seen within the primary care setting.

Project Design: A one-hour education webinar and ACP toolkit was posted for voluntary participation among healthcare providers on the NDNPA website over a 3-month period. Education focused on increasing participants' knowledge, confidence, and understanding of ACP and AD, increasing understanding of ACP facilitators, and increasing understanding of the *Serious Illness Conversation Guide*. Likert scale surveys were administered to each participant electronically via Qualtrics pre/post education to measure the effectiveness of the online webinar.

The flyer is white with logos for NDSU North Dakota State University and NDNPA North Dakota Nurse Practitioner Association at the top. The title is "Advance Care Planning and Advance Directives Webinar" with dates "September 30, 2021-December 30, 2021" and "Available on North Dakota NDNPA Website". It is presented by "Hannah Murphy, RN, BSN, DNP-S & Nancy Joyner, MS, CNS-BC, APRN, ACHPN®". There are two images: one of a person walking in a field and one of hands writing on a document. The flyer lists objectives, attendees, dates, and how to obtain CE credit.

Objectives:

1. Describe the benefits of advance care planning (ACP) and advance directives (AD).
2. Identify the barriers to ACP and AD completion.
3. Identify how and when to use the *Serious Illness Conversation Guide* in ACP
4. Describe the role of ACP facilitators
5. Describe Honoring Choices® and ACP resources available

Who Should Attend: Nurse Practitioners, Physician Associates, Physicians, and others who facilitate ACP

When: Online virtual webinar available on North Dakota Nurse Practitioner Association website from September 30, 2021- December 30, 2021

How to obtain your 1.0 CE credit:

1. Complete pre-test/survey
2. Watch the one-hour webinar
3. Pass the post-test with an 80%
4. Complete post-survey
5. You will then be directed to a webpage to print off your certificate

*Will be available after December 30, 2021 on NDNPA website for the full year.
*Link to free online webinar: <https://ndnp.enpnstwork.com/page/37726-additional-ce-opportunities>
*For more information please contact: hannah.weishoff@ndsu.edu

Results & Conclusion: A total of 14 healthcare professionals participated in a one-hour educational webinar posted on the NDNPA website over a three-month time period between September 30, 2021 and December 30, 2021. Confidence Likert scale surveys found the education increased participants' knowledge, confidence, and understanding of ACP and AD. Research findings also found an increase in understanding of the *Serious Illness Conversation Guide* and an increase in both confidence and likeliness of increasing and initiating ACP conversations with patients. Observations of this study supports the benefit and importance of providing ACP education for healthcare providers.

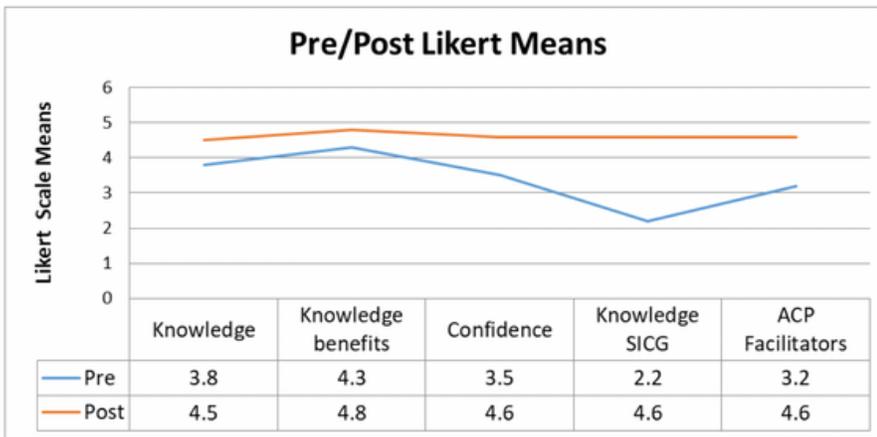
Experience of Participants

Question		N=14	N%
4. Have you had conversations about advance care planning or advance directives in your practice setting?	Yes	13	92.9%
	No	1	7.1%
18. Have you been a witness (i.e. involved in documentation) for an advance directive for a patient?	Yes	6	42.9%
	No	8	57.1%
19. Have you initiated a discussion about advance directives with a patient?	Yes	13	92.9%
	No	1	7.1%
20. Have you provided treatment to patients whose advance directive indicated otherwise (i.e. family's goals of care didn't align with patient's)?"	Yes	4	28.6%
	No	10	71.4%
21. Have you observed others providing treatment to patients whose advance directive indicated otherwise?	Yes	6	42.9%
	No	8	57.1%

"The advance care planning and advance directive education provided by Hannah Murphy and Nancy Joyner was very helpful to me in my practice. I plan to incorporate the information and helpful tools during my discussions with patients about advance care planning during annual physical examinations."

- Participant A

Pre/Post Likert Means for Objectives One, Two, and Three



Future Recommendations:

- Follow-up research on how providing ACP and AD education directly affects AD rates among patients over 65 years old, living with chronic disease.
- Continue to provide ACP and AD resources and education for healthcare providers.
- Future education should continue to be led by key stakeholders, subject matter experts, and certified ACP facilitators.
- Continue to provide education online for healthcare providers.
- Choose an implementation website with national representation and accredited for at least 1.0 CME.

For more information regarding this DNP project, please contact Hannah at hannahmurphydnp@gmail.com

Implementing Advance Care Planning Symposiums in Rural North Dakota

By: Karli Olson, DNP, RN, CCRN

Advance Care Planning: What is it and Why Now?

Presented by: Karli Olson, BSN, RN, CCRN, DNP-S and
Nicole Johnson, LBSW, Director of Social Services at St. Luke's Medical Center



With attribution to:

Nancy Joyner, MS, CNS-BC, APRN, ACHPN®
Palliative Care Clinical Nurse Specialist/Provider

Introduction: Advance care planning (ACP) is a complex yet iterative process that encourages individuals to evaluate, communicate, and document their personal preferences, values, and goals regarding their future medical care in the event they lose their decision-making capacity. The process of ACP is intended to educate and empower individuals to be proactive in their current and future health care.

Purpose: This evidence-based, quality improvement Doctor of Nursing Practice (DNP) project focused on implementing best-practice recommendations to increase healthcare providers' and rural residents' knowledge and understanding of ACP through community-based educational offerings. The primary objective was to impact the completion rate of advance directives (ADs) following the attendance of an ACP symposium in a rural community. This DNP project was implemented in collaboration with St. Luke's Medical Center, a critical access hospital, in Crosby, North Dakota.

Implementation: Two separate educational presentations were created and tailored to the needs of healthcare providers and community members, respectively. The provider-based presentation as well as informational documents aiding in ACP were distributed to the health care providers via email. Based on best-practice recommendations, a 90-minute symposium was constructed and hosted, in person and virtually, on two dates scheduled one month apart. The ACP symposiums integrated multimodal teaching interventions, including a video, a lecture-style presentation, step-by-step instructions for completing an AD, and the allotment of time for questions and answers at the adjournment of each meeting. Each participant received a folder containing an ACP brochure, blank AD form, blank wallet card, and information on the basics of CPR.

THINK about it. TALK about it. SHARE it.
Who will make medical decisions for you if you no longer can?

Advance Care Planning Symposium

Attend a FREE symposium to learn about ACP and advance directives to begin your planning process.

Everyone is welcome! Refreshments will be provided.

Hosted by:
Karli Olson, BSN, RN, CCRN, DNP-S
& Nicole Johnson, LBSW - Director of Social Services
in conjunction with St. Luke's Medical Center

What is advance care planning (ACP)?
ACP is a process that educates and empowers individuals to discuss and document their future medical preferences and end-of-life care wishes.

SESSION DATES (CHOOSE ONE)
NOV 10 • 7:00 PM TO 8:30 PM
DEC 08 • 7:00 PM TO 8:30 PM

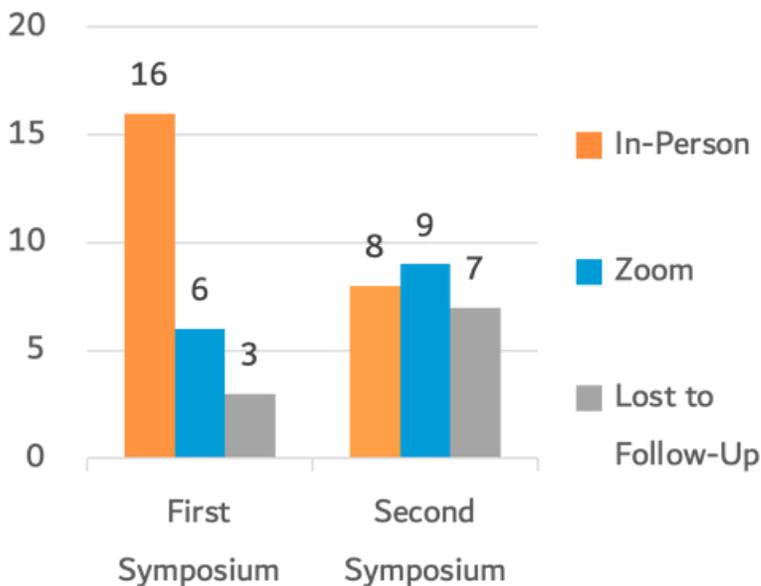
IF UNABLE TO ATTEND IN PERSON,
JOIN US ON ZOOM:
MEETING ID: 886 7129 9062
PASSCODE: ACP123

DIVIDE COUNTY
SENIOR CITIZENS CENTER
205 1ST ST NE
CROSBY, ND 58730

FOR MORE INFORMATION, CONTACT KARLI:

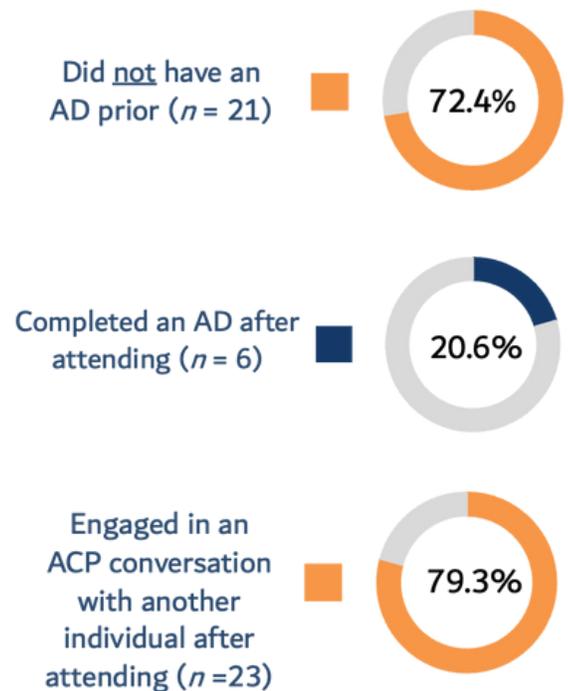
Results & Conclusion: In total, there were 39 individuals who attended the ACP symposiums. Twenty-four individuals attended in person, 15 participated via Zoom, and 10 were lost to follow-up at the one-month evaluation mark. Of the 29 individuals who partook in the evaluation portion, 21 (72.4%) did not have an AD prior to attending a symposium, 6 (20.6%) completed an AD after attending a symposium, and 23 (79.3%) engaged in an ACP conversation regarding their wishes and medical preferences with another individual (e.g., spouse, children, clergy, healthcare provider, lawyer) after attending a symposium. Inclusion of a virtual option was a feasible and effective way to engage residents of rural communities. The findings of this DNP project concluded that community-based educational offerings increase ACP discussions amongst participants and their family members, their knowledge of ACP, and the completion rate of ADs.

Attendance at the ACP Symposiums



Total participants = 39 participants

29 participants partook in the one-month evaluation:



Future Recommendations:

- Participants of the symposiums recommended to provide printouts of the PowerPoint presentation and host additional symposiums in the future
- Host ACP symposiums on or around National Healthcare Decisions Day (NHDD), which occurs annually on April 16th
- Health care organizations may evaluate providers' billing frequency to Medicare for ACP to assess an increase in reimbursement and/or improvement in centered outcomes
- Continue to offer advance care planning educational offerings to community members to enhance their understanding of the process and importance of AD completion as well as increase their knowledge of medical terminology and options to guide their future health care

For more information regarding this DNP project, please contact Karli at kolson135@gmail.com



Upcoming North Dakota POLST Awareness, Education, and Implementation

Presented by

Nancy Joyner, MS, CNS-BC, APRN, ACHPN® North Dakota POLST Program Coordinator
Sara Schwarz, MA, Chaplain, Hospice of the Red River Valley

Objectives

- Describe how POLST conversations impact POLST form completion.
- Identify what the role of the nurse is in completing the North Dakota POLST form.
- Explain the process of implementing POLST where you work.

Who should attend

Advanced Practice Nurses, Nurses, Social Workers, Chaplains, and EMS.

What you will gain from attending

- Acquire new skills, competencies, and best practices regarding POLST.
- Learn about best practices and scripting for patients with serious and life threatening illnesses.
- Enhance your awareness and education about POLST in North Dakota.

These presentations are held monthly on the following dates from Noon – 1:30 pm

January 12

February 9

March 9

April 20

- May 11
- June 8
- July 13
- August 17

Register Today

This session has been approved for 1.5 hours of CME time by the North Dakota Board of Nursing, North Dakota Board of Social Work Examiners, North Dakota Department of Health - EMS Division, and the Board of Chaplaincy Certification Inc.



Honoring Choices® North Dakota Board of Directors

Nancy Joyner, MS, CNS-BC, APRN, ACHPN®
President of Honoring Choices® North Dakota

Organization: Nancy Joyner Consulting & Center for Rural Health (CRH)
Positions: APRN, Palliative Care Clinical Nurse Specialist, ND POLST Program Coordinator, CRH Outreach Specialist
Location: Grand Forks
email: nancy.joyner@honoringchoicesnd.org

Courtney Koebele, JD

Organization: North Dakota Medical Association
Position: Executive Director
Location: Bismarck

Rebecca Quinn, LMSW, CBIST

Organization: Center for Rural Health
Position: Program Director
Location: Grand Forks

Kristi Ulrich

-Community Representative
Positions: Business Management, Photography & Corporate Communications of Nonprofit Organizations
Location: Fargo

Jenifer Lauckner, RN

Organization: Quality Health Associations
Position: Quality Improvement Specialist
Location: Bottineau

Marcie Schulz, MBA, MSN, RN

Organization: Good Samaritan
Position: Director of Nursing
Location: Bismarck

Jody Ward, MS, RN, APHN

Organization: Center for Rural Health
Position: Program Director
Location: Minot

Hannah Murphy, DNP, RN

-HCND Fargo Healthcare Representative
Location: Fargo

Rev. Sara Schwarz, MA

Organization: Hospice of the Red River Valley
Positions: Chaplain, Spiritual Care, ACP Facilitator & Instructor
Location: Bismarck

**Maryn Young,
PMHNP-BC, FNP-BC**

Organization: Presentation Medical Center SMP Health System
Position: APRN in Clinic Services
Location: Rolla

Karli Olson, DNP, RN, CCRN

-HCND Western ND State Representative
Location: Wildrose

Lisa Tocchio, RN

Organization: Blue Cross Blue Shield
Position: Director of Population Health and Health Integration
Location: Fargo



Honoring Choices®
NORTH DAKOTA

<https://www.honoringchoicesnd.org/>